



Bodie Island

# THE MAINTENANCE BEACON

The Monthly Newsletter of the North Carolina Public School Maintenance Association

Volume 52, Number 6  
June 2015

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## DOG DAYS OF SUMMER

The dog days of summer are upon us. Some of us are able to go from our air-conditioned homes, to our air-conditioned vehicles, to our air-conditioned work site. However, a great number of people have jobs that require them to be outside in all weather conditions. Summer heat poses special hazards for those individuals who work outside.

Heat emergencies are health crises caused by exposure to hot weather and sun. The human body becomes stressed in high temperatures and humidity, causing it to lose the ability to cool itself. The combination of heat and humidity can be a serious health threat during the summer months. Some basic precautions are:

- Drink small amounts of water often. Even if you are not thirsty, be sure to drink your water! Replace electrolytes (lost through sweat) by drinking Gatorade, or Gatorade-like drinks.
- Eat light, smaller meals prior to work activity.
- Light colored, lightweight clothing is suggested when working in the sun.
- Take frequent short breaks in the cool shade. Work in the shade if at all possible.
- Take advantage of fans and air conditioners.

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## 43<sup>RD</sup> ANNUAL NCP SMA EASTERN CONVENTION SCHEDULE ANNOUNCED

NCP SMA will hold our 43rd Annual Eastern Convention/Workshop September 23-25, 2015 at the DoubleTree by Hilton, Atlantic Beach, N.C.

We hope you are making plans to attend. We have a contract with DoubleTree (former Sheraton). Thus, we trust you will stay at the DoubleTree as we have a room block we must meet. As last year the golf and fishing awards will be given during the awards banquet and the raffle prize drawing will be held at the end of the Awards Banquet. The banquet will serve as the "closing session."

The exhibitors will arrive Thursday morning and will remain through noon Friday. We encourage you to visit with the exhibitors each chance you get. Please, don't visit with them just to 'fill your bucket or bag with exhibitor gifts.' Please take time to listen to what they provide and take the information you gain back to your LEA. Without their support we could not provide the successful conventions we are accustomed to. The money we make from our conventions each year keeps us going financially and we need the continued strong support we've had in the past from our exhibitors.

Also, since the exhibitors will not be present for the opening session, the door prizes will be awarded during exhibitor visitation on September 24 from 2-5 pm and September 25 from 8-10 am.

There will be 26 workshops offered this year including workshops for continuing education credits. There will be renewal credit hours classes for Wastewater (6), Pesticide Ornamental (4), Pesticide Structural (4), Locksmith (6) and Electrical (8). Many scheduled workshops

*continued on page 2*

## MEETINGS & EVENTS

### DISTRICT 3 MEETING

August 6, 2015 at 4 PM. Place: Southern Vance High School. 925 Garrett Rd, Henderson, NC 27537  
For more information contact Sue Farmer at 252.399.7822

### 43<sup>RD</sup> ANNUAL NCP SMA

### EASTERN CONVENTION WORKSHOP

September 23-25, 2015 Place: Double Tree by Hilton  
2717 West Fort Macon Rd, Atlantic Beach, NC 28512

For more information contact Roxie Mack at roxiermack@gmail.com or 336.366.4939

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## FAMILY

I was blessed to be brought up in a loving family with a mama and daddy who loved each other and loved their children. I grew up with and extended loving family as well with aunts and uncles who cared about us and helped us when needed and cousins to play with. My mother's family has remained close and we still have a family reunion most every year. I look forward to seeing my cousins, many of whom I only see that one time a year. My mama (Lora) and my aunt Clara are the only two sisters remaining out of 10 children. Mama always enjoys telling people there were ten children in her family and 13 in my dad's family. I cannot even begin to imagine raising 10 children, let alone 13! We always have a good turnout each year for the reunion and different people come each year. If we all could get together at one time, we'd need a much bigger place to meet!

*continued on page 4*

## MEETING DATES

The districts of NCP SMA meet twice yearly.

### District 1

January, July

Pres. Frank Stevens

Phone: 252.793.5562

### District 2

January, July

Pres. Kevin Sandlin

Phone: 910.592.8688

### District 3

February, August

Pres. Mark Letchworth

Phone: 252.399.7822

### District 4

February, October

Pres. Donna Fields

Phone: 910.678.2539

### District 5

March, September

Pres. David Burge

Phone: 336.593.8146

### District 6

April, October

Pres. Sam Watkins

Phone: 980.343.0832

### District 7

May, November

Pres. Jeff Adams

Phone: 336.679.3138

### District 8

March, November

Pres. Adam Robinson

Phone: 828.456.2402

## Meeting Dates & Locations

Should be sent to The Maintenance Beacon two months in advance for publication.

### Deadlines

Publication deadline for articles and advertisements is first day of the month prior to month of publication.

**43<sup>RD</sup> ANNUAL NCPSMA EASTERN CONVENTION REGULAR MEMBER REGISTRATION FORM**

September 23-25, 2015  
 DoubleTree by Hilton, Atlantic Beach, NC

\*Regular Member or Retired Regular Member Registration Form

**Please Print**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Name of School System (LEA) \_\_\_\_\_  
 Office Phone # \_\_\_\_\_ Fax # \_\_\_\_\_  
 E-Mail Address \_\_\_\_\_

**Registration Cash, Check or Money Order (\$70 each)**  
 \$ \_\_\_\_\_  
**Debit or Credit Card (\$72 each) \$** \_\_\_\_\_

**Banquet tickets must be purchased separately.**

**Banquet Tickets (members and guests)**  
**Cash, Check or Money Order (\$10 each) \$** \_\_\_\_\_  
**Debit or Credit Card (\$11 each) \$** \_\_\_\_\_

**Preregistration deadline is August 15, 2015**

**Late Registration Fee (After August 15, 2015)**

**Cash, Check or Money Order (\$80) each** \_\_\_\_\_  
**Debit or Credit Card (\$83) each \$** \_\_\_\_\_

**Banquet tickets must be purchased separately.**

**Cash, Check or Money Order (\$10 each) \$** \_\_\_\_\_  
**Debit or Credit Card (\$11 each) \$** \_\_\_\_\_

**Total Enclosed**  
**\$** \_\_\_\_\_

**There will be no refunds after (August 30, 2015)**

**Please make checks payable to NCPSMA and mail to:**  
 NCPSMA, 630 Adams Ridge Road, State Road, NC 28676

If you wish to use a **Debit or Credit Card**, please call Roxie Mack at 336.366.4939 and the transaction will be completed online during the call. We do not retain any card information.

LEA's with multiple registrations need not fill out individual registration forms. A single sheet listing the individual names of those they wish to register along with the LEA name, address, phone number, fax number and contact person will be sufficient.

\* Employed by or retired from a NC Public School System. All others must register through Roxie Mack at 336 366 4939 or roxiermack@gmail.com.

**READ ME**

**Room Reservations**

Do not forget to make your own reservations for the eastern convention/workshop. We have a contract DoubleTree by Hilton. The rate is \$129.00 per night. You can make your reservations online at <http://doubletree.hilton.com/en/dt/groups/personalized/O/OAJDTDT-NCP-20150921/index.jhtml>. The phone number for reservations is 1-800-222-TREE or 252-240-1155.

DoubleTree by Hilton  
 2717 West Fort Macon Road  
 Atlantic Beach, North Carolina, 28512  
 Tel: 252-240-1155  
 Fax: 252-222-4065

**43<sup>RD</sup> ANNUAL NCPSMA EASTERN CONVENTION SCHEDULE ANNOUNCED**

*continued from page 1*

should prove to be of interest to all maintenance personnel as well as public school administrators. Widely known professionals with years of experience will conduct workshops and programs. Please see the tentative agenda in this issue of The Maintenance Beacon for more details.

Registration will begin on Wednesday, September 23, at 8 a.m. Please note the Read Me column in this issue concerning room reservations. Also included are the guidelines for the Superintendent, Maintenance Director and Maintenance Employee of The Year nominations. If you have a deserving fellow employee, director or superintendent, please take time to make a nomination. It will take a little time but the procedure is not complicated. To see your nominee win a top award is well worth the effort.

Please note the registration form included in this issue is for regular (employed by or retired from a NC Public School System) members only. Exhibitor registration forms were e-mailed. If you know a company who did not receive registration forms and would like to participate, please contact Roxie Mack.

When completing the registration form, please print neatly as the information for nametags and certificates will be taken from this form. LEA's who send in registration for several employees at once need not fill out individual forms. They may send in a sheet listing the names of attendees. Please include LEA address, phone number and contact person.

The deadline for preregistration is August 15, 2015. Registrations not received before that date may be subject to late fee registration and will not be included in the \$50 pre-registration drawing to be held at the opening session. Please encourage your LEA to send in the registrations early. Hopefully this will be one of the best NCPSMA Convention/Workshops ever!

We trust you are making plans to attend. If you have any questions please contact Roxie Mack at 336.366.4939 or e-mail roxiermack@gmail.com.

**GUIDELINES FOR TOP AWARDS**

Nominations are being sought for the 2015 NCPSMA Maintenance Supervisor of the Year, Maintenance Employee of the Year and Superintendent of the Year. The Maintenance Supervisor of the Year and Maintenance Employee of the Year awards were established 28 years ago by Milt Saffelle and are sponsored annually by Saffelle, Inc. This is the 19th year the Superintendent of the Year award has been sponsored by Saffelle, Inc.

Should you wish to nominate a candidate, please supply the information outlined below and return to the chairman of the NCPSMA Awards Committee by August 10, 2015. To qualify as a candidate for Superintendent of the Year, candidates may be superintendents, associate/assistant superintendents, who have the responsibilities for maintenance. They must be current members of NCPSMA.

Maintenance Supervisors are defined as those who serve as direct heads of maintenance departments. Maintenance Employees are defined as other members of maintenance staffs.

1. Nominees for Supervisor of the Year or Employee of the Year awards must be currently employed as a maintenance person in an educational system in the state of North Carolina.
2. The nominee must have been an active member of the NCPSMA for the last five consecutive years.
3. The nominee cannot be the current state president.
4. Nominations must be made by an active member of NCPSMA. There should be a letter of nomination signed by the active member. Only one nominee may be submitted from each LEA, not one per category, one period. If more than one nominee from an individual LEA is submitted, all nominations from said LEA will be disqualified. This decision was passed unanimously by the selection committee, August 2001.
5. Nominees must be from the school system making the nomination.
6. The following data must be supplied for each candidate:
  - A photograph of the nominee must be included and placed on a separate sheet of paper.
  - A biographical sketch, preferably in narrative form and no more than two pages in length, including the nominee's achievements that have contributed to success in NCPSMA and other professional involvement.
  - Two letters of recommendation—no more or less.
  - No other information on nominee will be accepted.

The Awards Committee is comprised of the NCPSMA One Year Advisory Council Members and Milt Saffelle, chairman. Saffelle serves in an ex officio capacity and does not have voting privileges. In case of a tie the current state vice president will have voting privileges. All nominations must be submitted no later than August 10, 2015 to: Milton Saffelle, Chairman, NCPSMA Awards Committee, PO Box 1499, Hillsborough, NC 27278.

# 43<sup>RD</sup> ANNUAL NCPSMA EASTERN CONVENTION TENTATIVE AGENDA

DoubleTree by Hilton / Atlantic Beach, NC  
September 23-25, 2015

## Wednesday 23rd


|             |                                      |              |
|-------------|--------------------------------------|--------------|
| 8:00-5:00   | Registration                         | Foyer        |
| 8:00-10:00  | Locksmith License Renewal            | Sandcastles  |
|             | Wastewater                           | Cape Lookout |
|             | (2 CEU's -must attend all 3 classes) |              |
| 10:00-11:00 | Elevators 101                        | Cape Fear    |
| 10:00-12:00 | Ornamental Pest Control (2 CEU's)    | Bogue Sound  |
| 10:15-12:15 | Locksmith License Renewal            | Sandcastles  |
|             | Wastewater                           | Cape Lookout |
|             | (2 CEU's -must attend all 3 classes) |              |
| 12:00-1:45  | Advisory Council Meeting             | Atlantic     |
| Noon        | Lunch on Your Own                    |              |
| 2:00-3:00   | Opening Session and Business Session | Atlantic     |
| 3:30-5:30   | Ornamental Pest Control (2 CEU's)    | Bogue Sound  |
|             | Preventative Maintenance for         |              |
|             | Roofing & Waterproofing Systems      | Pamlico      |
|             | Mechanical Code Updates              |              |
|             | & Fuel Gas Code Updates              | Cape Fear    |
|             | Bleacher & Athletic Equipment        |              |
|             | Safety and Maintenance               | Hatteras     |
|             | Wastewater                           | Cape Lookout |
|             | (2 CEU's -must attend all 3 classes) |              |
|             | Locksmith License Renewal            | Sandcastles  |

## Thursday 24th


|             |  |                  |
|-------------|--|------------------|
| 7:00        | 31st Annual Handi-Clean Jay Palmer Memorial Scholarship Golf Tournament, Sponsored by Handi-Clean Products, Inc. |                  |
|             | Fishing Tournament   |                  |
| 7:00-9:00   | Electrical (for 2 credit hours)  | Sandcastles      |
|             | Structural Pest (2 CEU's)  | Bogue Sound      |
| 8:00-9:00   | Floor Care-Sustainable Solutions   | Cape Fear        |
|             | Proper Bleacher Care and Safe Operations   | Cape Lookout     |
| 9:00-9:30   | Exhibitor Display Selection  | Atlantic         |
| 9:30-11:00  | Exhibitor Display Setup  | Atl/Fear/Lookout |
|             |  | Pam/Hatt         |
| 9:30-11:30  | Electrical (2 CEU's)   | Sandcastles      |
|             | Structural Pest (2 CEU's)  | Bogue Sound      |
|             | Drain Cleaning/<br>Pipe Inspection and Locating  | Core Sound       |
| 11:00-12:00 | Superintendents & Directors/Supervisors visit with Exhibitors  |                  |
| 12:00-1:00  | Lunch on Your Own  |                  |
|             | State Officers, Superintendents & Directors/Supervisors Lunch  |                  |
| 1:00-2:00   | Leadership   | Sandcastles      |
| 2:00-5:00   | Visit with Exhibitors  |                  |

## Friday 25th


|             |  |             |
|-------------|--|-------------|
| 8:00-4:00   | Registration                                 |             |
| 8:00-10:00  | Breakfast with Exhibitors                    |             |
| 10:00-12:00 | Electrical (2 CEU's)                         | Sandcastles |
|             | IAQ and Energy Conservation                  |             |
|             | Living in Harmony                            | Core Sound  |
|             | Leadership                                   | Bogue Sound |
|             | Exhibitor Display Breakdown                  |             |
| 12:00       | Lunch on Your Own                            |             |
| 1:30-2:30   | Environmental Health & Safety Considerations | Bogue Sound |
| 1:30-3:30   | Electrical (2 CEU's)                         | Sandcastles |
| 2:00-3:00   | Leadership                                   | Pamlico     |
| 6:00-Until  | Banquet                                      |             |




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# GUS

Once again Gus attended the special Olympics in April. He always looks forward to that big day, we all do. This was Sam I Am's first Olympics. As expected, Sam got lots of attention. Somehow Gus always ends up with 2 buddies and he did the same this year. He had 2 wonderful young men looking after him. Clifford, the big red dog, always attends the Special Olympics and this year he was about an hour late. This didn't set well with Gus. He kept looking for and asking for Clifford. When Clifford came thru the gate, Gus got his "Clifford fix".



Gus did the usual 3 events; 50 yard dash, long jump and softball throw. Gus doesn't have a competitive bone in his body so he's just out there to have fun. He got 4th place in the 50 yard dash but I know he could have won first if there was a tractor or firetruck at the finish line. He was thrilled to get his ribbons and it didn't matter what color they were. Gus was so proud of his ribbons we pinned them on his shirt the next Sunday. He showed everyone at church his ribbons and everyone was proud of him.

I mentioned in the last article that everyday in the life of Gus is not all smiles and hugs. Just recently Gus was being rather testy. He wasn't listening so I told him if he didn't get ready for his shower before I counted to 10, he would have to take a cold shower. I don't like the counting method but I have to because he has no concept of time. Well, he goofed around too long and didn't make it to the shower. When he finally got in, I turned the water on rather cool, not all cold. Next thing I know, Gus has the water on all cold and he's laughing and jumping and having a blast. He was loving it and it was supposed to be his punishment. For the rest of the week, he begged to take a cold shower and he did. So much for that discipline idea.

Red Blanton

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# DOG DAYS OF SUMMER

*continued from page 1*

There are three kinds of major heat-related disorders—Heat Cramps, Heat Exhaustion and Heat Stroke. Heat Stroke is a life threatening condition. Heat Cramps are muscle spasms in the arms, legs, or stomach. These spasms often don't occur until the evening, after work, or when relaxing. Heat cramps are caused by heavy sweating - causing a loss of salt or potassium. To prevent heat cramps, drink electrolyte solutions such as Gatorade during the day. It's also a good idea to add bananas to your diet.

More serious than Heat Cramps is Heat Exhaustion. Heat Exhaustion is most often caused when you don't drink enough fluids to replace the body fluids lost when you sweat. Surface blood vessels and capillaries, that enlarge and cool the blood, will collapse from loss of body fluids and necessary minerals.

The signs of Heat Exhaustion can include: headache, heavy sweating, intense thirst, dizziness, fatigue, loss of coordination, nausea, impaired judgment, loss of appetite, hyperventilation, tingling in hands or feet, anxiety, cool moist skin, weak and rapid pulse (120-200), and low to normal blood pressure.

Someone with these symptoms should immediately be moved to a cool location, either a shady spot or inside of an air-conditioned building. Medical Personnel (9-1-1) should be called. The victim should lie down with their feet slightly elevated. Loosen their clothing and apply cool, wet cloths or fan them. Make every effort to get them to drink water or Gatorade. Keep the individual as cool as possible until medical help arrives.

If left untreated, the first two stages can lead to Heat Stroke, the most serious heat related condition. Heat Stroke is life threatening and has a high death rate. When the body depletes its supply of water and salt, and the victim's body temperature rises to deadly levels, Heat Stroke occurs. Although not always the case, victims may first have Heat Cramps, then Heat Exhaustion, before entering the Heat Stroke stage. Heat Stroke is sometimes mistaken for a heart attack. Therefore, knowing the signs and symptoms of Heat Stroke is very important. Check for the following symptoms anytime an employee collapses while working in a hot environment:

- High body temperature (103 degrees F+)
- Absence of sweating
- Hot, red or flushed dry skin
- Rapid pulse
- Difficulty breathing
- Constricted pupils
- Any/all signs of Heat Exhaustion (see above), but more severe
- Bizarre behavior
- High blood pressure
- Advanced symptoms may include seizures or convulsions, collapse, loss of consciousness, and a body temperature over 108 degrees F.

During this situation, SECONDS COUNT. Designate someone to call 9-1-1. It is extremely important to lower the victim's body temperature. Pour water on them, fan them, and apply cold packs. Do not panic! Stay with them until help arrives.

Anyone can suffer a heat-related episode. Everyone should know the potential risks and hazards of working in the heat and should know how to handle any heat related emergency that may arise. With caution and common sense, heat-related illness can be avoided. Be safe!

**Submitted by:**  
**Mya Dyer,**  
**Administrative Assistant**  
**Cumberland County Schools**  
**Safety and Security Office**

# FAMILY

*continued from page 1*

One of my cousins lives in Seagrove. He is a pastor and was not able to attend this year because he had to officiate at a funeral. His wife, Rene, came and brought his mother. She also brought a cake that was made by Reggie Long (NCPSMA State Secretary). Reggie and his wife operate a catering business and they are really good at it! Ron pointed out the cake to me and told me who made it. He'd already had a piece and told me how good it was and that I needed to make sure I got a piece. You better believe I did! Rene had to leave early, so she told me to take what was left, if any, home with me. I gladly accepted the offer! After the reunion we had to hurry back to be at church for AWANA. We stopped by home on the way to church and I quickly cut a couple of pieces of cake

*continued on page 5*

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## GREEN RIBBON SCHOOL DISTRICT

Cherokee County Schools and Chapel Hill-Carrboro City Schools are among 58 schools and 14 districts nationwide to be named 2015 U.S. Department of Education Green Ribbon School Districts Sustainability Awardees. National recipients were honored for their “exemplary efforts to reduce environmental impact and utility costs, promote better health, and ensure efficient effective environmental education, including civics and green career pathways.”



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## JUNE RECIPE

This recipe is a little time consuming, but well worth it! Hope you will give it a try.

### Nutter Butter Pie

#### Ingredients

##### Crust

- 24 Nutter Butter Cookies, crushed
- 6 Tbsp salted butter, melted

##### Topping

- ½ cup heavy cream
- 1 Tbsp powdered sugar
- ¼ cup creamy peanut butter, warmed and drizzled on top

##### Filling

- 8 oz cream cheese, room temperature
- 1 cup Marshmallow Fluff
- ⅓ cup creamy peanut butter
- 1 cup heavy cream
- 12 Nutter Butter Cookies, crushed

#### Instructions

##### Crust

Preheat oven to 350°. Mix crushed Nutter Butter cookies and melted butter together in a bowl. Press mixture into bottom and up the sides of a 9" pie pan. Bake for 12 minutes until golden and set. Allow to cool completely.

##### Filling

In bowl of stand mixer beat cream cheese, peanut butter and marshmallow fluff together until smooth. In another bowl beat the heavy cream until stiff peaks form. Fold whipped cream into cream cheese mixture. Finally stir in crushed cookies. Spread this all over cooled crust.

##### Topping

Beat the heavy cream with the powdered sugar until stiff peaks form. Spread on top of cream cheese filling. If desired heat peanut butter for 30 seconds until it becomes "drizzle-able" and drizzle on top of whipped cream. Chill pie for at least 2 hours before serving.

##### Notes

Store refrigerated for up to 2 days. Recipe from Cookies & Cups.

## FAMILY

*continued from page 4*

to take to friends at church and put the rest in the microwave to make sure the cats didn't try to sample it. When we got home from church, more of the cake was missing. Rupard had a piece for supper. I divided the remaining cake between Ron and I and fixed me a big cup of coffee. Of course with all that rich chocolate cake and coffee it was after midnight before I ever got to sleep that night, but it was worth it. Delicious! I sent Reggie a picture by text of my piece of cake and asked him if it looked familiar. He was surprised when I told him how I wound up with part of a cake he had made. He noted what a small world it is. It is a small world in many ways.

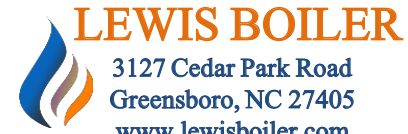
I've said it before and I'm sure I'll say it again many times, but some members of NCPSMA have become my "family." We may not be "blood" kin, but you are my family nonetheless. District meetings and conventions are like family reunions. In April I completed 22 years with NCPSMA. Some of y'all I've known since the beginning. Some dear ones have passed on. Robert Smith was on the committee that chose me to be the executive secretary in 1993. He's passed on now. Richard Reid was the second state president I worked under and he's passed on as well. There are many more, too numerous to mention, but still very special to me. I am grateful for my NCPSMA "family." I have been truly blessed to have this job in many ways, but mostly because of all the wonderful people that have become like family to me.

*May God Bless You,  
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